

SLOW POKE

COMPOSER: Richard & Jo Anne Lawson, 237 Mamie Lane, Birmingham, AL 35215  
 RECORD: BELCO B-307 B  
 RHYTHM: Two-Step  
 FOOTWORK: Opposite, Directions for Man except where noted  
 SEQUENCE: Intro-A-B-A-B (1-15) - Ending

MEAS

INTRO

1 - 6 (Bfly)WAIT; WAIT; SIDE TWO-STEP LEFT; SIDE TWO-STEP RIGHT;  
SIDE, TCH, SIDE, TCH; APT, TCH, TOG, TCH(Bfly);  
 1-2 In Bfly/Wall wait 2 meas;;  
 3-4 Sd L, cl R, sd L, tch R; Sd R, cl L, sd R, tch L;  
 5-6 Sd, L, tch R, sd R, tch L; Drop lead Hands and step apt L (to OP),  
 tch R, tog R(to Bfly), tch L;

PART A

1 - 4 VINE, 2, 3, 4; 5, 6, 7, 8; WALK, -, 2, -; 3, -, 4, -;  
 1-2 In Bfly/Wall vine down LOD sd L, XRIB(WXIB), sd L, XRIF(WXIF);  
 Sd L, XRIB, sd L, XRIF;  
 3-4 Blend OP/LOD walk fwd LOD L, -, R, -; L, -, R, -;  
 5 - 8 VINE, 2, 3, 4; 5, 6, 7, 8; WALK, -, 2, -; 3, -, 4, -;  
 5-6 Repeat action of meas 1-2;;  
 7-8 Repeat action of meas 3-4;;  
 9 - 12 VINE, -, 2, -; FACE-TO-FACE; VINE, -, 2, -; BACK-TO-BACK(OP/LOD);  
 9-10 Blend to Bfly and step sd L, -, XRIB(WXIB), -; Sd L, cl R, trn L  
 to bk-to-bk pos, -;  
 11-12 In bk-to-bk-pos step down LOD sd R, -, XLIB(WXIB), -; Sd R, cl L,  
 trn R to OP/LOD, -;  
 13 - 16 BASKETBALL TURN, -, 2, -; 3, -, 4, -; (Hitch)FWD, CLOSE, BK, CLOSE;  
WALK, -, 2, -;  
 13-14 Rk fwd LOD on L, -, rec on R to LOP/RL0D, -; Rk fwd RL0D on L, -,  
 rec on R trng away to OP/LOD, -;  
 15-16 In OP hitch fwd L, cl R, bk L, cl R; Walk fwd L, -, R, -;

PART B

1 - 4 FACE-TO-FACE; BACK-TO-BACK; VINE OPEN, -, 2, -; 3, -, 4, -;  
 1-2 Blend to Bfly sd L, cl R, trn L to bk-to-bk pos, -;  
 Sd R, cl L, trn R to BFLY/WALL, -;  
 3-4 Sd L, -, XRIB to LOP/RL0D, -; Sd L, -, XRIF to OP/LOD, -;  
 5 - 8 FACE-TO-FACE; BACK-TO-BACK; VINE OPEN, -, 2, -; 3, -, 4, -; (to CP/Wall)  
 5-6 Repeat action of Meas 1-2 Part B;;  
 7-8 Repeat action of meas 3-4 Part B except retain lead handhold & blnd to CP/WLL)  
 9 - 12 (BOX)SIDE, CLOSE, FWD, -; SIDE, CLOSE, BK, -; (HITCH)BACK, CLOSE, FWD, -;  
(Scissors)SIDE, CLOSE, THRU, -;  
 9-10 In CP/Wall sd L, cl R, fwd L, -; Sd R, cl L, bk R, -;  
 11-12 Hitch bk twd COH L, cl R, fwd L, -; Step sd R twd RL0D, cl L,  
 step then twd LOD on R, -, to momentary SCP;  
 13 - 16 SIDE, CLOSE, SIDE, SLOSE; WALK, -, 2, -; SIDE, TCH, SIDE, TCH; APT, TCH;  
TOG, TCH(BFLY);  
 13-14 Blend CP/Wall sd L, cl R, sd L, cl R; Blend SCP wald LOD L, -, R, -;  
 15-16 Blend CP/Wall sd L, tch R, sd R, tch L; Apt L, tch R(to OP/LOD),  
 tog R(to Bfly), tch L;

ENDING

Last time thru Part B substitute for Meas 16: APT, -, PT, -;  
 APT L, -, pt R twd Ptr, -;